



# WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 11

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## SPECIAL POINTS OF INTEREST:

- Summer Heat Safety Tips
- Make Water Your Drink of Choice

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## Don't Let the Heat Bring you Down!

With the summer heating up, it is always a great idea to remind ourselves how dangerous being out in the heat can be. Although staying out of the heat in Texas cannot be completely avoided, here are some tips to help you stay cool and symptoms to watch for while you are out having fun or working in the sun!

### These helpful tips will make it easier to avoid heat related illnesses:

- Allow the body time to acclimatize, or adjust, to working in the heat.
- Drink at least 8 ounces of water every 30 minutes when working or playing in the heat.
- Avoid alcohol and other drinks (like coffee) that may accelerate the dehydration process.
- Eat light. Fruits and vegetables are high in water content and contain vitamins and minerals lost through perspiration.
- Wear light-color clothing that lets the skin breathe. Wear a cap or wide-brimmed hat.
- Take frequent breaks to allow the body time to cool down.



### Heat Stroke:

- Flushed, dry skin
- Rapid heartbeat
- Loud and rapid breathing
- High body temperature

**Emergency medical attention needed!**

### Heat Exhaustion:

- Profuse Sweating
- Clammy, pale skin
- Normal body temperature

**Have the victim lie down, sip water and loosen clothing.**

**Heat Cramps:** These are painful spasms in the arms, legs or abdomen caused by a loss of body salts because of excessive sweating. Have the person lie down in the shade, sip water and massage the cramped muscles.



## Why Choose Water?

If you are a soft drink junkie or prefer some other type of sugar sweetened beverage, consider adding more water to your daily routine. Here are a few facts about water and what it can do for you:

- ◆ One glass of water can eliminate hunger pains.
- ◆ Water can prevent and ease headaches.
- ◆ Eight to 10 glasses of water each day can reduce back and joint pain.
- ◆ Water increases your metabolism and controls your appetite.
- ◆ The most common cause of daytime fatigue is simple dehydration. Water can help you in feeling more alert.
- ◆ Water aids in the digestion process.

Source: [www.allaboutwater.org](http://www.allaboutwater.org)



## What Did You Say?

FREE Hearing Seminar hosted by the City of Bryan's Wellness Program

**Monday, July 12th**

**2:30-3:30pm**

**MOB Basement Training Room**

**Speaker: Kirsta Herder, Au.D.**

**Texas ENT & Allergy**

Topics: Anatomy of the ear, types of hearing problems, noise protection, hearing solutions, swimmer's ear

RSVP by calling 209-5050 or email [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)

## Cucumber and Black-Eyed Pea Salad Recipe

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons chopped fresh oregano, (or 1 teaspoon dried)
- Freshly ground pepper to taste
- 4 cups peeled and diced cucumbers
- 1 14-ounce can black-eyed peas, rinsed
- 2/3 cup diced red bell pepper
- 1/2 cup crumbled feta cheese
- 1/4 cup slivered red onion
- 2 tablespoons chopped black olives



**Directions:** Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onions and olives; toss to coat.

## Be Safe this Fourth of July!

Follow these helpful tips to ensure a safe and happy July 4th for you and your family:

- \* Never allow young children to play with or near fireworks under any circumstances. This includes sparklers as they burn at very high temperatures and can easily ignite clothing.
- \* Observe all local laws concerning the safe use of fireworks.
- \* Always light fireworks away from houses, dry brush and other combustible materials.
- \* Do not attempt to relight or handle malfunctioning fireworks.
- \* Be sure people are out of range before lighting fireworks. Accidents can easily happen with fireworks that aren't aimed in the right direction or ignite prematurely.



# Know Your Benefits

## *Walgreens to Remain an In-Network Provider*

The City of Bryan recently sent out e-mail communication to our employees and dependents that Walgreens would no longer be considered an in-network provider through our prescription plan with CVS Caremark. However, on June 18th, CVS Caremark and Walgreens reached an agreement which will allow City of Bryan employees and dependents to remain using Walgreens as an in-network provider. This will mean that if you currently use a local Walgreens pharmacy, you will not have to transfer your prescriptions to another in-network pharmacy and you should have uninterrupted service.

*Reminder: If you are on maintenance medications, you could save money by ordering a 90-day supply through the CVS Caremark Mail Service Pharmacy.*

If you have questions, please contact Flo Garcia at 209-5050 or [fgarcia@bryantx.gov](mailto:fgarcia@bryantx.gov)



## *City Employees Learn All About Snakes!*

The City of Bryan's Wellness Program recently hosted a seminar on the topic of snake bite prevention, treatment and how to recognize poisonous versus non-poisonous snakes. Don Plitt, snake expert and Director of Environmental Health Services at the Brazos County Health Department shared a wealth of knowledge about snakes that are common here in the Brazos Valley. He brought several snakes which participants were able to see including a Copperhead, and a Rat Snake. Mr. Plitt spoke about the costs associated with a snake bite. One vial of anti-venom can cost \$4000 and usually several vials are needed to treat the victim. Participants were able to ask questions about the snakes on display and about ways to keep their homes snake-free!



Don Plitt shows off one of his snakes to seminar participants.

## **Upcoming CPR Classes:**



**July 13th (first time)**  
**8am-5pm**  
**MSC Training Room**

**July 15th (renewal)**  
**3-5pm**  
**MSC Training Room**

Contact Howard Hart  
at 209-5056  
to register for a class.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker  
Wellness Coordinator  
(979) 209-5050  
[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)

Copies of this newsletter are available in Risk Management.